



Serves: 4

Grilled Chicken with Mushroom Salsa

Ingredients

- Chicken breast, skin removed 400g
- Spinach, fresh 100g
- Button mushrooms, fresh 80g
- Olive Oil 1 ½ tbsp
- Spring onion, finely chopped 40g
- White wine ¼ cup
- Rice flour 2 tbsp
- Salt ½ tsp

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Colourful fruit and vegetables are packed with nutrients and phytochemicals, so add them to rice, noodle and even meat dishes for nutritious and balanced meals.

Method

- Coat chicken breast in flour and then grill in a non-stick pan with half of olive oil. Remove and set aside.
- In another pan, sauté mushrooms in the remaining olive oil. Add wine and let evaporate. Add spinach and cook for 5 minutes.
- Add mushroom and spinach sauce on top of chicken and garnish with spring onion.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 202kcal
Protein 24.7g
Total fat (g and % of total calories)
6.5g (30.0%)
Saturated fat 1.1g
Cholesterol 58mg
Carbohydrate 6.9g
Dietary Fibre 0.9g
Sodium 449mg